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Unbroken - A Life Rebuilt From Within by Joachim Bartoll

The phrase you are looking for, **plant foods are utterly**, appears in the source material within a critical analysis of the nutritional deficiencies inherent in vegetation-based diets. Specifically, the text states that **plant foods are utterly devoid** of natural vitamin A (retinol), B12, D3, K2, cholesterol, heme-iron, carnosine, taurine, DHA, omega-3, CLA, CoQ10, and creatine. These substances are identified as essentials for brain health, energy production, and cellular repair. The source further argues that indulging heavily in plant-based options condemns an individual to mere survival rather than thriving, leading to a slow and insidious decline marked by chronic disease. This conceptual framework rests on the biological classification of humans as obligate hypercarnivores whose physiology is specifically designed for animal-based sustenance.

The Missing Nutrients in Plant-Based Regimens

The claim that plant foods are insufficient for human health is supported by a detailed breakdown of specific nutrients that are either difficult or impossible to obtain from plants alone. While some nutrients are present in trace amounts, their bioavailability is often functionally zero for the human organism.

Vitamin B12 and Neurological Integrity Vitamin B12 is described as an essential water-soluble micronutrient that is almost exclusively found in animal-sourced foods like meat, fish, eggs, and dairy. It is vital for the development of red blood cells, the maintenance of nerves, and normal brain function. Without supplementation, those following plant-based diets are at a high risk of deficiency. The source notes that purported plant sources like spirulina offer only pseudovitamin B12, which the human body cannot absorb.

Creatine and Cognitive Stamina Creatine is concentrated in animal tissues and serves as an energy reserve for muscle and brain cells. While the liver can produce some creatine, vegetarians consistently show approximately 30 percent lower intramuscular creatine content than meat-eaters. Supplementation has been shown to significantly improve brain functions, such as memory, in those who do not consume animal products.

Carnosine and Muscle Function Carnosine is an antioxidant concentrated in the muscles and brain that reduces muscle fatigue and improves physical performance. It is found only in animal-based foods. While the body can form it from amino acids, vegetarians have significantly less carnosine in their muscles than meat-eaters.

Docosahexaenoic Acid (DHA) and Brain Development DHA is an essential omega-3 fatty acid required for normal brain development and function. It is primarily found in fatty fish, fish oil, and microalgae. While the body can theoretically convert plant-based ALA into DHA, this conversion is extremely inefficient, often yielding rates below 4 to 9 percent.

Taurine and Antioxidant Defense Taurine is a sulfur compound found in brain, heart, and kidney tissues that plays a role in muscle function and antioxidant defense. It is found naturally only in animal-sourced foods, and studies show that vegans have lower levels compared to meat-eaters.

The Bioavailability Gap

The source material emphasizes that bioavailability is the most critical factor in human nutrition. The human body is evolutionarily designed to recognize and utilize nutrients in their bioactive animal structures.

Animal-sourced vitamins are consistently superior in absorption rates. For example, preformed vitamin A (retinol) is approximately 74 percent bioavailable, whereas plant-based beta-carotene converts at functional rates as low as 4 to 8 percent. Similarly, heme-iron from animal sources is absorbed with high efficiency and is not affected by the presence of antinutrients. In contrast, non-heme iron from plants is poorly absorbed and its uptake is frequently blocked by phytic acid.

The Mechanism of Plant Toxicity

The assertion that plant foods are inadequate is further supported by the presence of sophisticated defense chemicals. Because plants cannot flee from predators, they have evolved between 20 and 200 antinutrients per species designed to damage the predator's digestive and reproductive systems.

Lectins and Intestinal Damage Lectins are plant defense proteins that can damage the intestinal lining, contributing to leaky gut syndrome and disrupting hormonal signaling. There are over 500 variations of these compounds found in modern staple foods.

Oxalates and Systemic Inflammation Oxalates bind to essential minerals like calcium to form sharp crystals in the body. These crystals contribute to the formation of kidney stones and promote systemic inflammation when the body is overburdened by plant nutrition.

Phytic Acid and Mineral Depletion Phytic acid acts as a powerful binder that renders minerals such as zinc, iron, and magnesium unabsorbable in the digestive tract. This leads to functional malnutrition even in individuals with high caloric intake.

Saponins and Phytoestrogens Saponins act as cellular dissolvents that can destroy cell membranes and disrupt the intestinal barrier. Phytoestrogens mimic human hormones and disrupt the delicate balance of the endocrine system, contributing to metabolic dysfunction and decreased testosterone.

Evolutionary Context: Slave Foods vs. Hypercarnivory

The text defines grains, legumes, and industrial seed oils as slave foods. These were introduced during the agricultural revolution to support large populations and centralized control but are biologically incompatible with the human organism. This shift from nutrient-dense animal foods led to immediate physical degeneration, evidenced by narrowed jaws and dental cavities.

Anatomically, humans possess the high stomach acidity (pH 1.5) characteristic of top-tier predators and scavengers. This environment is essential for neutralizing pathogens in raw meat and breaking down complex animal proteins. The human gut morphology, with its long small intestine and reduced colon, is optimized for the rapid absorption of animal fats and proteins rather than the fermentation of plant fiber.

Metabolic Consequences of High-Carbohydrate Diets

The standard high-carb diet is criticized for triggering the Randle Cycle, a biochemical competition between glucose and fatty acids for oxidation. This competition leads to cellular inefficiency, increased oxidative stress, and chronic inflammation. Furthermore, high carbohydrate intake keeps insulin levels chronically elevated, which signals the body to hoard fat and inhibits the repair of tissues.

By shifting to a hypercarnivore model, the body eliminates this competition, allowing for fat oxidation and steady energy production. This state of nutritional ketosis provides stable energy for the brain and facilitates the removal of internal poisons, a process known as cleansing the terrain.

Environmental and Synthetic Burden

The source material warns against the toxic burden of the modern environment and the medical establishment. Modern medicine is described as a profit-driven house of cards that focuses on symptom management through synthetic drugs that are physiologically incompatible with the human body. These drugs often involve hazardous solvents like toluene, acetone, and cyanide in their synthesis, which further burden the liver and kidneys.

Similarly, synthetic supplements and fortified foods introduce inorganic compounds that accumulate in tissues, fostering plaque buildup and metabolic chaos. Heavy metal contamination is identified as a significant risk in plant-based products, with vegan protein powders often containing elevated levels of lead, arsenic, and cadmium.

The Path to Restoration

True health is achieved by stripping away artificial stressors and returning to primal fundamentals.

Therapeutic Fasting and Autophagy Prolonged dry fasting is identified as the most potent mechanism for repair. This protocol triggers an intensified state of autophagy, where the body recycles damaged cells and dismantles tumors to use them for energy.

Biphasic Sleep Transitioning to an ancient biphasic sleep rhythm supports glymphatic clearance, allowing the brain to flush out metabolic waste more efficiently than during monophasic sleep. This pattern aligns with human evolutionary design and boosts daily productivity.

Biological Sovereignty Ultimately, the text calls for biological sovereignty, where individuals take full responsibility for their internal terrain by rejecting institutional misinformation. This independence is achieved through direct observation of the body's signals and alignment with nature's laws.

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